











Don't miss  
Check your  
SnatchChat

Alex  
Fyock

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recipe.  
Courtney Coe

It is better to be a  
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to be a Success  
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PITTSBURGH



Being important is nice,  
but being **NICE** is more  
important!!!



























STOP

Do not answer or use  
the phone unless  
instructed to do so!!

TENNESSEE  
T  
VOLUNTEERS



MOUNTAINEERS

WV  
WEST VIRGINIA





























09  
Lillian Wilson  
Lillian Wilson



**BONUS**

**LS** **FOULS**

**WON**

**BY** **AUTO SALVAGE**  
NEW &  
USED PARTS  
WRECKER  
SERVICE

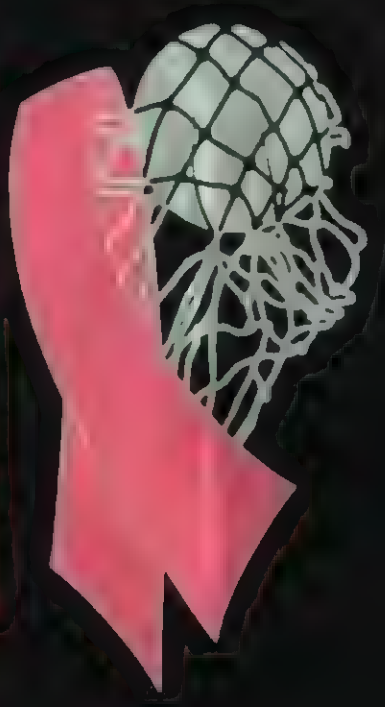
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FOGHART'S CO. TRACK RECORD		
Event	Time	Record
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200m	32.00	1998
400m	1:05.00	1998
800m	2:15.00	1998
1600m	4:30.00	1998
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LADY WARRIORS  
BASKETBALL





# Drinking Water Retested

No Nitrites were detected

## Lab Results

Entry point (compliance): nitrate = 0.65 ppm, nitrite = not detected

Two special purpose

Well 1: nitrate = 0.55 ppm, nitrite = not detected

Well 2: nitrate = 0.57 ppm, nitrite = not detected

Nitrate legal limit is 10 ppm and nitrite is 1 ppm.



**IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER**  
**MONITORING REQUIREMENTS NOT MET FOR**  
**POCAHONTAS COUNTY HIGH SCHOOL, WV9938035**  
**Has Levels of NITRITE Above Drinking Water Standards**

DO NOT GIVE THE WATER TO INFANTS UNDER 6 MONTHS OLD OR USE IT TO MAKE INFANT FORMULA

## **DRINKING WATER WARNING**

Infants below the age of six months who drink water containing Nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.

### **What should I do?**

- **DO NOT GIVE THE WATER TO INFANTS.** *Infants below the age of six months who drink water containing nitrite in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue baby syndrome.* Blue baby syndrome is indicated by blueness of the skin. Symptoms in infants can develop rapidly, with health deteriorating over a period of days. If symptoms occur, seek medical attention immediately.
- Water, juice, and formula for children under six months of age should not be prepared with tap water. Bottled water or other water low in nitrates should be used for infants until further notice.
- **DO NOT BOIL THE WATER.** Boiling, freezing, filtering, or letting water stand does not reduce the nitrite level. Excessive boiling can make the nitrates more concentrated, because nitrates remain behind when the water evaporates.

Adults and children older than six months can drink the tap water (nitrite is a concern for infants because they can't process nitrates in the same way adults can) However, if you are pregnant or have specific health concerns, you may wish to consult your doctor

### **What happened? What is being done?** (Describe corrective action)

In 2004, Nitrite was sampled with results of 0.14 mcl. In 2019, Nitrite was sampled with results of 1.9 mcl.

The legal limit is 1.0. We are unsure at this time what has caused the change. However, we are exploring if one or both wells are contaminated. We are resampling and will keep the public informed with any updates.

For more information, please contact

Joseph W. Riley

at

304-799-6565

(Contact name)

Or 271 Warrior Way

Dunmore, WV 24934

(Phone number)

(Mailing address)

*Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.*

This notice is being sent to you by: **POCAHONTAS COUNTY HIGH SCHOOL**

State Water System ID #: **WV9938035**

Date Distributed: **1-29-2020**



SUPPORTING THE  
FIGHTERS  
APPRECIATING THE  
SURVIVORS  
REMEMBERING THE  
& FALLEN  
AND NEVER EVER  
GIVING UP HOPE

LADY WARRIORS  
BASKETBALL



CRAVE



SUPPORTING THE  
FIGHTERS  
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**LADY WARRIORS  
BASKETBALL**





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2020

# Pocahontas County Alumni Game



Saturday, March 28, 2020

2:00 PM



- Concessions • T-shirts • Auction
- 50/50 Raffle • Pork BBQ Dinner • Bake Sale



## Admission Cost

Adults: \$4.00

Students: \$3.00

Alumni Players & Cheerleaders:  
\$20.00 (includes t-shirt)



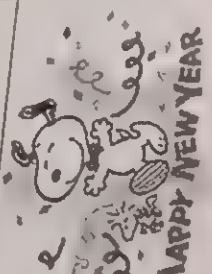
To register, go to <https://tinyurl.com/scmjk27>

Questions? Contact Chloe Bland at 304-799-6564



# POCAHONTAS COUNTY SCHOOLS

## January Breakfast and Lunch Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY NEW YEAR</b></p>				
<b>6</b> Colby Cheese Omelet Cereal Fruit  Cheesburger Lettuce/Tomato Onion Sweet Potato Fries Bake Beans Corn Applesauce Cups	<b>7</b> Homemade Cinnamon Roll Yogurt Fruit  Orange Chicken Brown Rice Pilaf Stir-fry Vegetables Homemade Roll Fruit	<b>8</b> Blueberry Muffins Cereal Fruit  Potato Soup Grilled Cheese Sandwich Peaches Ice Cream	<b>9</b> Sausage & Egg Biscuit Cereal Fruit  Lasagna Romanne Salad w/ Tomatoes Green Beans Garlic Bread Fruit	<b>10</b> Strudel Yogurt Fruit  Philly steak Hoagie Sliced Carrots w/ Ranch Oven French Fries Fruit
<b>11</b> Egg & Cheese Wrap Cereal Fruit  Mantball Sub 1/2 Baked Sweet Potato Parmesan Broccoli Brownie Fruit	<b>14</b> Banana Bread Cereal Fruit  Chicken Patty w/ Wheat Bun Lettuce/Tomato Tatar Tots Great Northern Beans California Medley Fruit	<b>15</b> Pop Tart Cereal Fruit  Salisbury Steak Green Beans Mashed Potatoes w/ Gravy Homemade Roll Fruit	<b>16</b> Sausage & Gravy Biscuit Cereal Fruit  Chicken Tenders w/ Caesar Romanne Tomatoes & Croutons Corn Mixed Fruit Roll	<b>17</b> Pancakes Yogurt Fruit  Pizza Broccoli Salad Oven French Fries Carrot Stix w/ Ranch Fresh Cut Fruit
<b>20</b> Martin Luther King Jr's Birthday No School	<b>21</b> Cereal Bar Yogurt Fruit  Turkey & Cheese Hoagie 5 Way Vegetables Pickled Beans Homemade Cookies Fruit	<b>22</b> Sausage Pancake on Stick Yogurt Fruit  Chicken Alfredo w/ A Twist Steamed Broccoli Garlic Bread Beans	<b>23</b> Egg & Cheese Biscuit Cereal Fruit  Fish Sandwich Scalloped Potatoes Carrot Stix Pew Fruit	<b>24</b> Smoothie/Yogurt Parfait Cereal Fruit  Peppercorn Chicken Mashed Potatoes Green Beans Homemade Roll Fruit
<b>27</b> Breakfast Burrito Cereal Fruit  Chicken Nuggies Corn Tomatoes & Cucumbers Cherry w/ Ranch Dressing Homemade Roll Fruit	<b>28</b> Pretzel w/ Cheese Cereal Fruit  Chili Whole Baked Potato w/ Sour Cream Cheese Parmesan Broccoli Cauliflower Crackers Fruit	<b>29</b> Whole Grain Banana Muffin Cereal Fruit  Chicken Chomelanga Black Bean Sides w/ Cream Sweet Potato Fries Mixed Vegetables Fruit	<b>30</b> Homemade Cinnamon Roll Cereal Fruit  Sleepy Joe Creamy Cole Slaw Green Beans Oven French Fries Juice Soda, etc.	<b>31</b> Sausage Biscuit Yogurt Fruit  Peppercorn Roll Macaroni Salad Carrot Stix Romanne Salad Fruit

For breakfast milk and yogurt offered daily.  
For lunch milk and fresh fruit offered daily.

<p>Giary Cutlip HES</p> <p>59-14</p> <p>Giary Cutlip HES</p> <p><b>*Parents of middle and high school students can opt to meet the bus at HES to avoid the 6:10 AM pick up on Locust Creek.</b></p>	<p><u>Morning Runs:</u> Beginning at Hillsboro Elementary School turn left on Route 219 South turn left on East Nicholas Road, travel to Denmar Road and turn left on Denmar Road. Begin picking up students at Workman Road, may travel to Locust Creek Road, turn right on *Locust Creek Road, travel to 219 turn left on 219 South, travel to Beartown Road, turn left on Beartown Road, travel to turnaround, return to 219 south, turn right on 219 North, travel to Healing Springs Road, turn right on Healing Springs Road, travel to turnaround, return to 219 North, turn right travel to Hillsboro Elementary School</p> <p>2nd AM Run: Repeat of first run beginning to pick up students at East Nicholas Road. <u>Afternoon Run:</u> Reverse of Morning Run</p>	<p>6:08 AM</p> <p><u>Morning Run:</u> Follow 219 South to Beartown Road, turn left on Beartown Road travel to turnaround, return to 219, and follow Route 219 North to Hillsboro School. Students on the Beartown, Healing Springs, Denmar Road, and Locust Creek Roads will meet the bus on Route 219. The bus will not travel those particular roads when a Snow Route has been deemed necessary by the Direction of Transportation and or Superintendent</p> <p><u>Afternoon Run</u> Reverse of Morning Run</p>	<p>2 Hour Delay 8:08 AM</p> <p>3 Hour Delay 9:08 AM</p>
<p>Donald McNeel HES</p> <p>2-16</p>	<p><u>Morning runs:</u></p> <p>From Hillsboro School, go south on Rt 219 to the top of Droop Mountain &amp; turn around on Lobelia Road. Then to Russell Scott Road and Lobelia Road on Caesar Mountain Children are to board the bus at designated stops on Lobelia Road through its entire length to Hillsboro. The bus continues on Denmar Road .....</p> <p>1st AM run: .....to Workman Road, turns around and back to Hillsboro School via Kinnison and Payne Streets. The bus then unloads all students to a bus enroute for MMS &amp; PCHS</p> <p>2nd AM run: .....to turn right on Kinnison Street and to Payne Street to the Hillsboro School unloading at the school cafeteria and to the designated parking area.</p> <p><u>Afternoon Run:</u> Reverse of the morning run with preference given to full time riders.</p>	<p>6:35 AM</p> <p>8:00 AM</p> <p><u>Morning</u> - Both high, middle school and elementary runs start on Lobelia Road on the south end of Caesar Mountain &amp; pick up students at their stops on Lobelia Road into Hillsboro. Times follow the standard 2 hr or 3 hr delay schedule whichever is announced</p> <p><u>Afternoon</u> - reverse of the morning run</p> <p>May pick up students that other buses cannot.</p>	<p>2 Hour Delay 8:35 AM</p> <p>3 Hour Delay 9:35 AM</p>



[illegible]

# Pocahontas County Schools Transportation Department

## Regular Routes & Snow Routes (2019-20)

**Snow Routes will only occur on 2 Hour or 3 Hour Delays or in special circumstances**

Bus Driver & Work Station	Bus #	Regular Route	Time of First Stop	Snow Route	Approximate Time of First Stop
Jimmie Ryder GBEMS	20-13	<u>Morning Run:</u> Leave Murphy's Body Shop to Lower Murphy Road to Back Road to Durbin. Travel to top of Cheat, Come back around Old 250 to Durbin, Up around Highland Ave and on to Green Bank School. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> Leave Murphy's Lower Rd To Durbin, around Durbin then on to GBEMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:40 AM 3 Hour Delay - 9:40 AM
Mike Murphy GBEMS	50-10	<u>Morning Run:</u> Leave Murphy's Body Shop traveling north on Rt. 92. Go out Johns Run Road, turn at the end of John's Run Road turn left onto Rt. 92S travel to Pine Tree Acres turn return to Rt. 92S. Return to 92S to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:30 AM	<u>Morning Run:</u> Leave Murphy's Body Shop stop at the end of Johns Run Road and on to GBEMS. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:30 AM 3 Hour Delay - 9:30 AM
Cory Rexrode GBEMS	39	<u>Morning Run:</u> Start at Green Bank to Cass, From Cass on through upper Back Mountain Road. Then to Rt. 92, 250 at West end of Durbin. From Durbin thru Frank to Bartow to GBEMS. <u>Afternoon Run:</u> Reverse of Morning Run	6:40 AM	<u>Morning Run:</u> From GBEMS to Bartow, Frank & Durbin on Rt. 92. From west end of Durbin to Frank, Bartow on Rt. 92, 250 from Bartow back to GBEMS on Rt. 92. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:40 AM 3 Hour Delay - 9:40 AM
Silas Sattler - GBEMS	10	<u>Morning Run:</u> Beginning at the Pendleton County line on Route 250, 28, then south to Thornwood - run may require driver to then travel on Route 250, 6 miles to the Mallow residence - then to Bartow, back to Arbovale (Old Arbovale Road) and on to Green Bank Elementary-Middle School. <u>Afternoon Run:</u> Reverse of Morning Run	6:55 AM	<u>Morning Run:</u> From Bartow, travel south on 92, 250, stop at Hermitage and pick up students from Rt. 28 and Thornwood. Resume normal route and may pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:40 AM 3 Hour Delay - 9:40 AM
Adam Taylor PCHS GBEMS	1-16	<u>Morning Run:</u> Beginning at Pocahontas County High School, follow Warrior Way to Rt. 28 turning right and travel to Laurel Run Road. Enter Laurel Run and travel to Cloverlick, Road to Cloverlick, following River Road and turning at end of River Road, coming back out and turning right in to Stoney Bottom at top of Cold Run Road and travel into Gum Road to Whittaker Campground then to Rick Gum's turning the bus, to Cass Firehouse - turn bus, come out of Cass, traveling on to Green Bank Elementary-Middle School. Pick up high school students at GBEMS, return to 92/28 turning right and proceed to PCHS via 92/28 to 28 picking up high school students as necessary on 92/28 and Rt. 28. <u>Afternoon Run:</u> Reverse of Morning Run	6:35 AM	<u>Morning Run:</u> Students will meet the bus at the Cass Fire Hall. This includes students from the lower part of Back Mountain Road on Steve Mick's Run. The bus will travel out of Cass and stay on North 92 stopping if students need picked up. May pick up students that other buses cannot. <u>Afternoon Run:</u> Reverse of Morning Run	2 Hour Delay - 8:45 AM 3 Hour Delay - 9:35 AM



## **Instructions for Snow Routes**

- 1. If a Snow Route is in effect, the announcement will be broadcast on all the major new and radio outlets currently used by Pocahontas County Schools.**
- 2. The Snow Route announcement will be broadcast on School Messenger to all of the Staff and Students of Pocahontas County Schools.**
- 3. Snow Routes will only occur on 2 or 3 hour delays or in special circumstances.**
- 4. The Snow Route that runs in the morning will also run in the evening. NO REGULAR ROUTES (Morning or Evening) WILL BE RUN ON A SNOW ROUTE DAY!**
- 5. Students may ride a different bus rather than their normal bus.**
- 6. If a student cannot get to school because a bus was not available, the parent must write an excuse that the bus was not running. The excuse is necessary for an excused absence. Obvious abuses of this situation will be handled by the Attendance Director.**
- 7. Parents may transport their children to school but will have to either pick them up at the end of school day or call the bus driver and make arrangements for the child to be dropped off at a Snow Route stop. NO REGULAR ROUTES (Morning or evening) WILL BE RUN ON A SNOW ROUTE DAY!**
- 8. There is no way to practice Snow Routes. Our first attempt of the new school year may not be as refined as we want it to be. The efficiency will get better as we run them more often.**
- 9. The ultimate decision as to whether a child rides the bus and attend school lies solely with the parent. If the parent deems it too dangerous for their child to go, then the child will be absent. But it is the sole responsibility of the parent to present an excuse as to the reason for their child's absence.**











ULS  
 VON  
 SALVAGE  
 NEW & USED PARTS  
 PECKER  
 SERVICE



POCAHONTAS COUNTY TRACK RECORDS

1978

100 YD

200 YD

400 YD

800 YD

1600 YD

3200 YD

6400 YD

12800 YD

25600 YD

51200 YD

102400 YD

204800 YD

409600 YD

819200 YD

1638400 YD

3276800 YD

6553600 YD

13107200 YD

26214400 YD

52428800 YD

104857600 YD

209715200 YD

419430400 YD

838860800 YD

1677721600 YD

3355443200 YD

6710886400 YD

13421772800 YD

26843545600 YD

53687091200 YD

107374182400 YD

214748364800 YD

429496729600 YD

858993459200 YD

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7237

Pocahontas FFA  
Fresh Fruit for sale  
On Sale Now!





























































LAS CIENCIAS







MEDIA CENTER

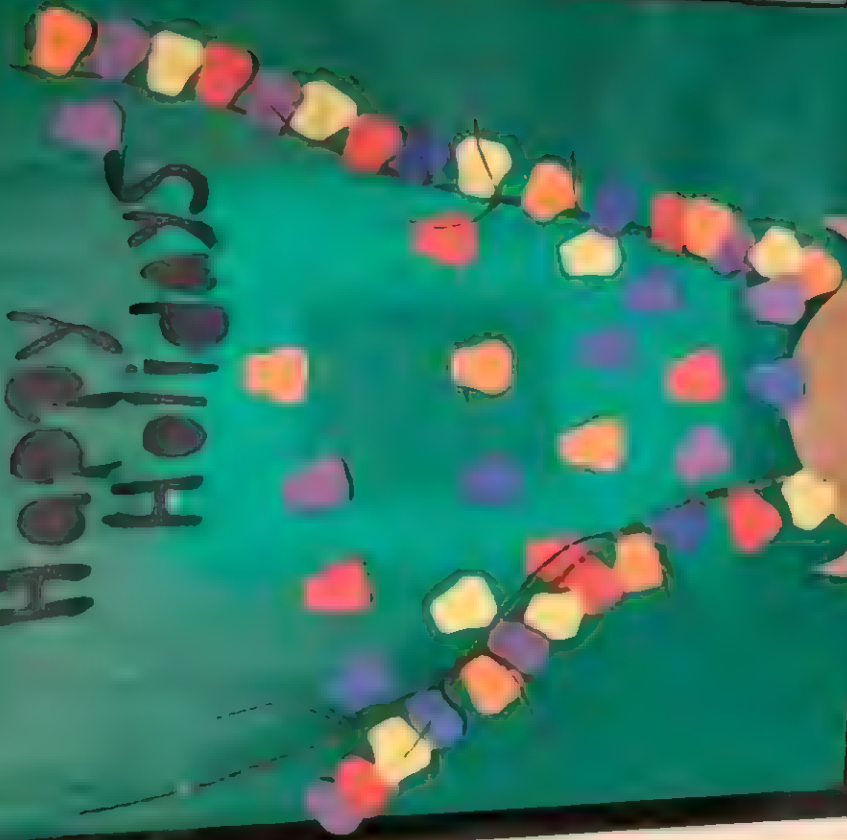
LA BIBLIOTECA

LIBRARY





Happy Holidays



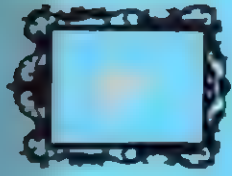
Happy Holidays



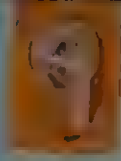


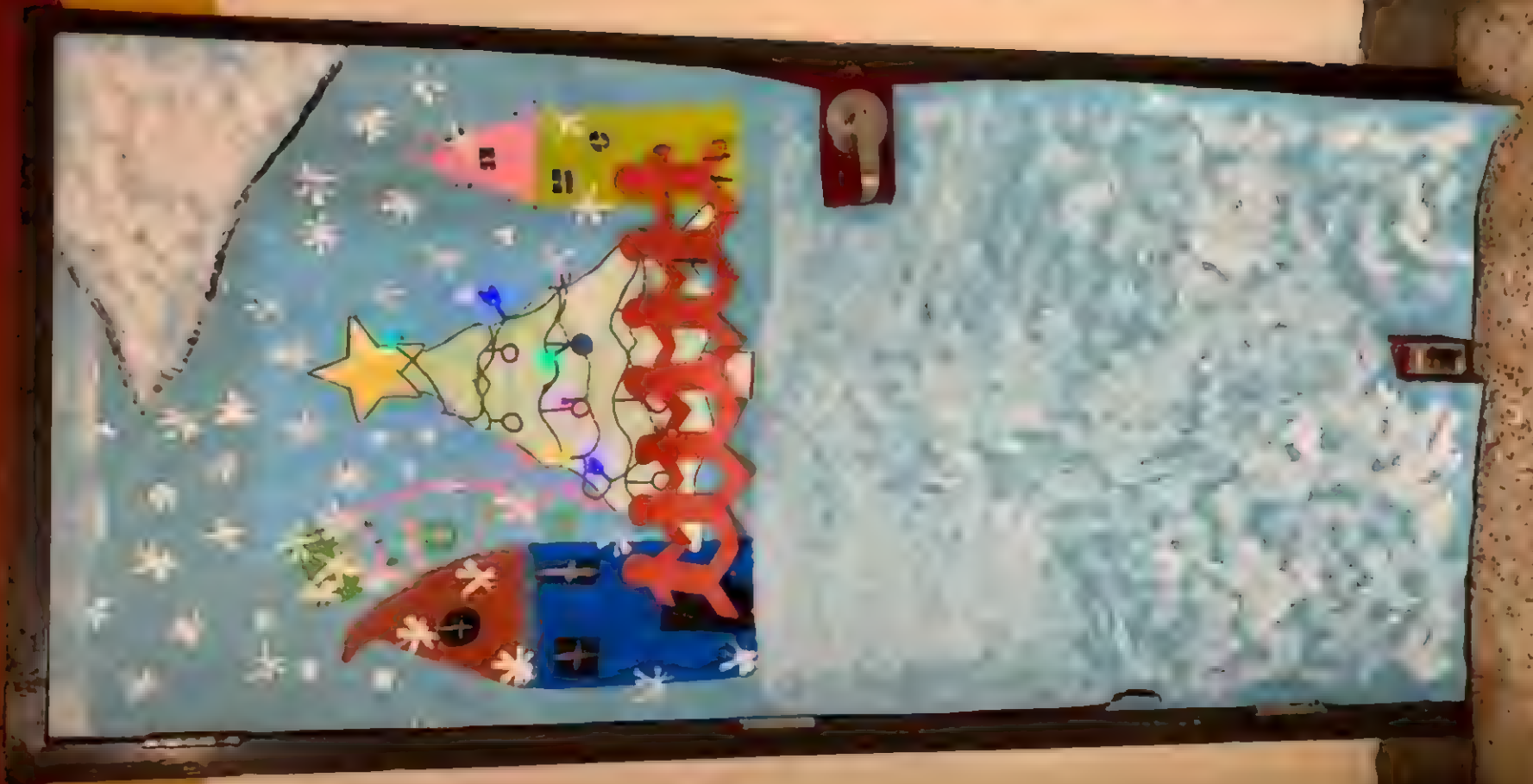






FROSTY'S  
BABY PICTURE







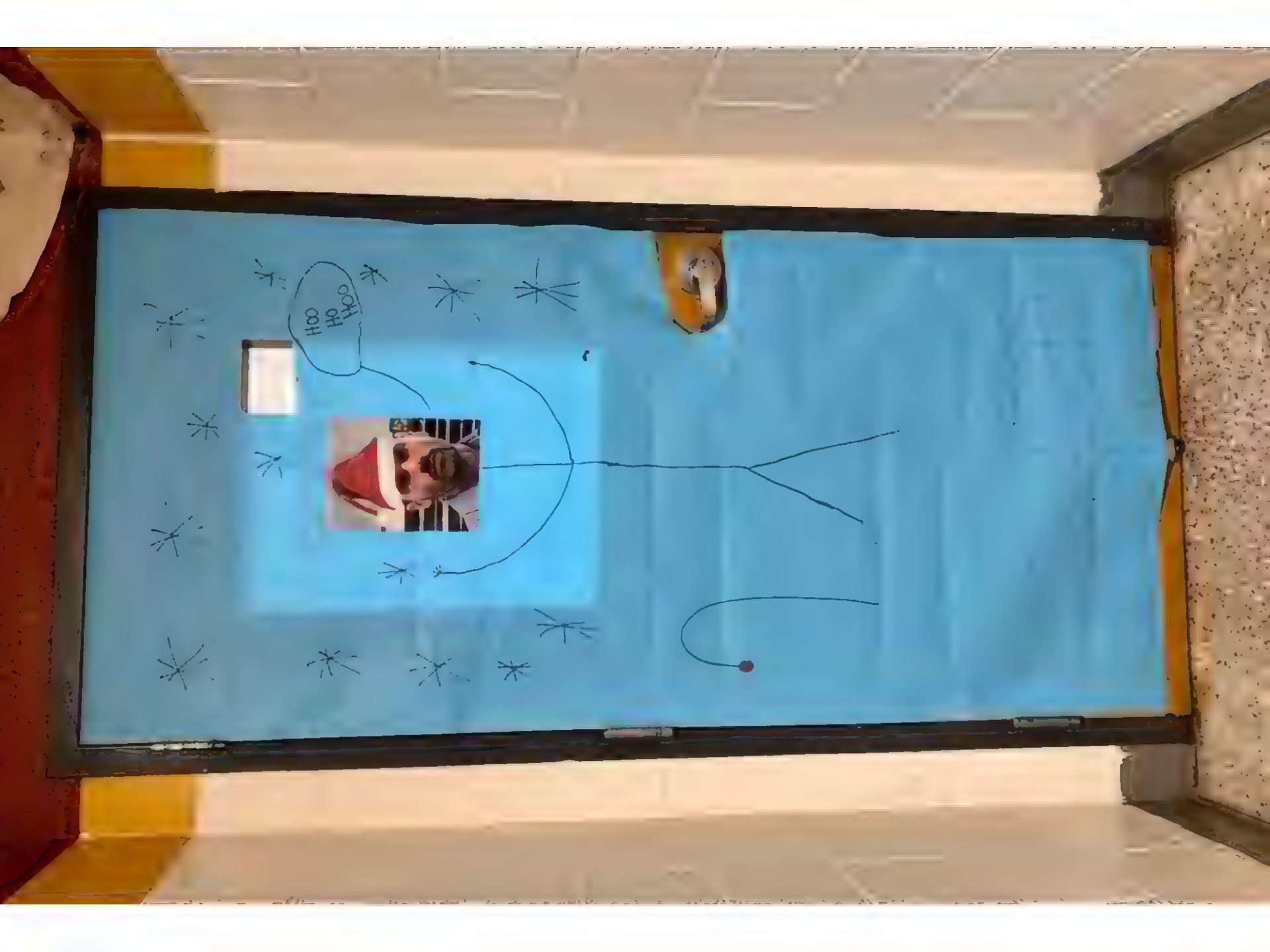




92









Check out KHALI GAUGE

We wish you a  
MERRY  
Christmas Season!





WISCONSIN

Bah! Hum Bug!  
Ho Elf on a Shelf!

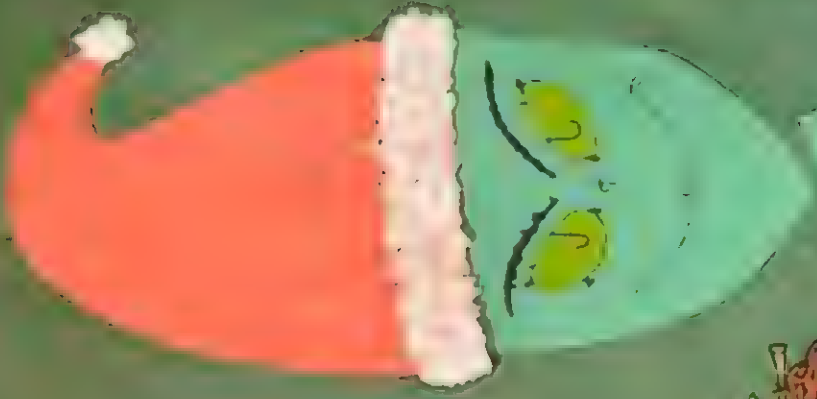


ELVES ON  
A DOOR!

WISHES YOU  
MERRY  
CHRISTMAS  
AND  
MORE!



129



Merry

Christmas!



Mr. Rittenhouse's  
homeroom says  
"Merry Christmas" with  
huge 'GRIN'ches on their  
faces!





Baby

it's

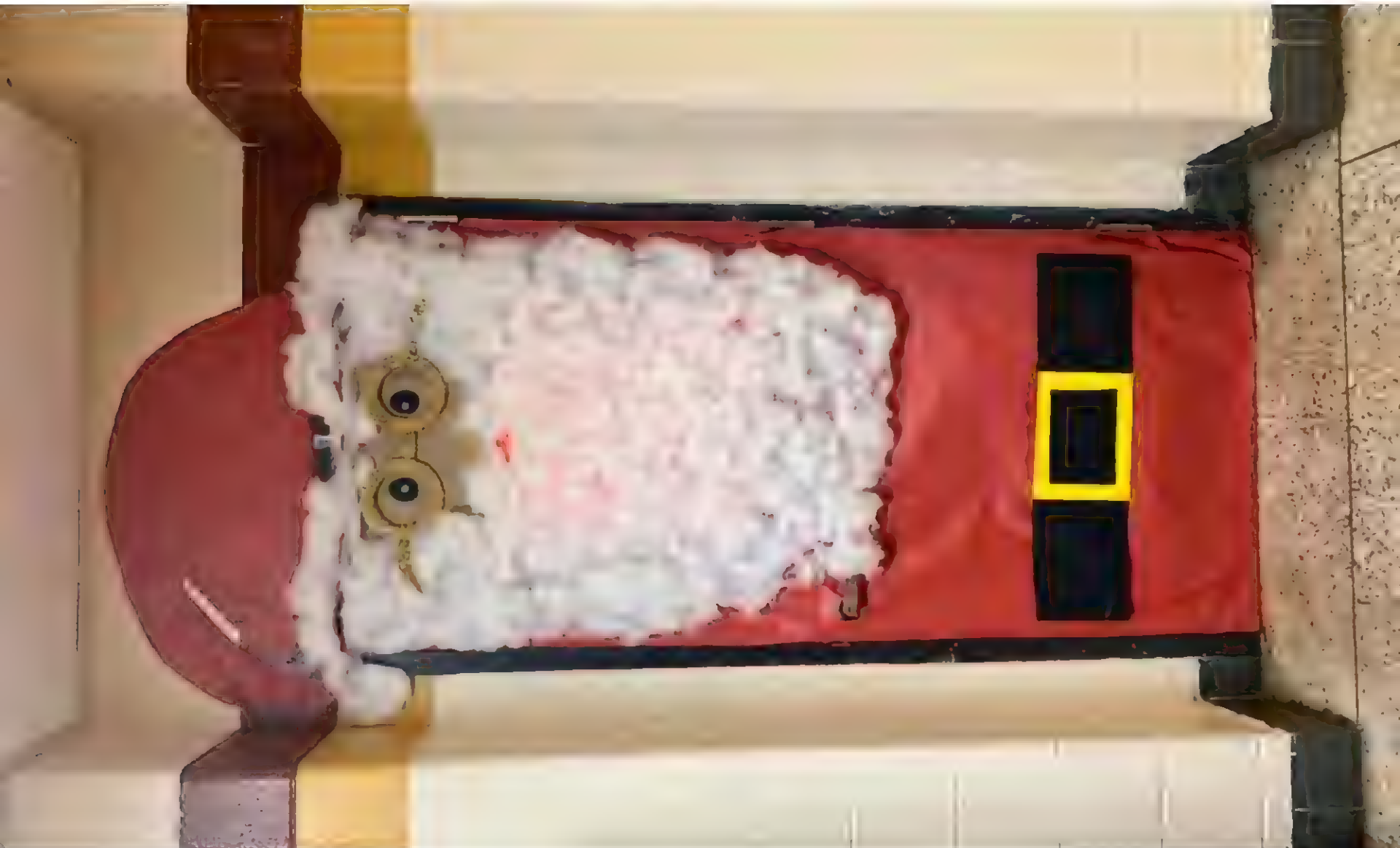
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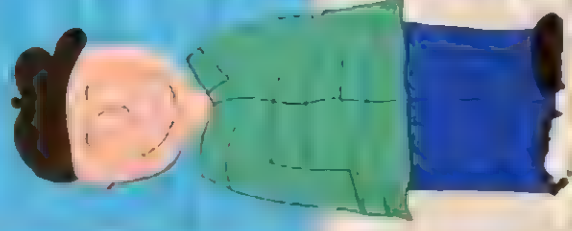


# MS. NIS WORK-SHOP





Be a light in this world. *Merry Christmas!*



CHILLIN

WITH

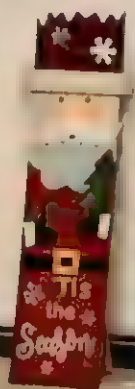
MY

SNOWMIES



CHRISTMAS

Merry  
Christmas









**BONUS**

**PERIOD**

**POSS**

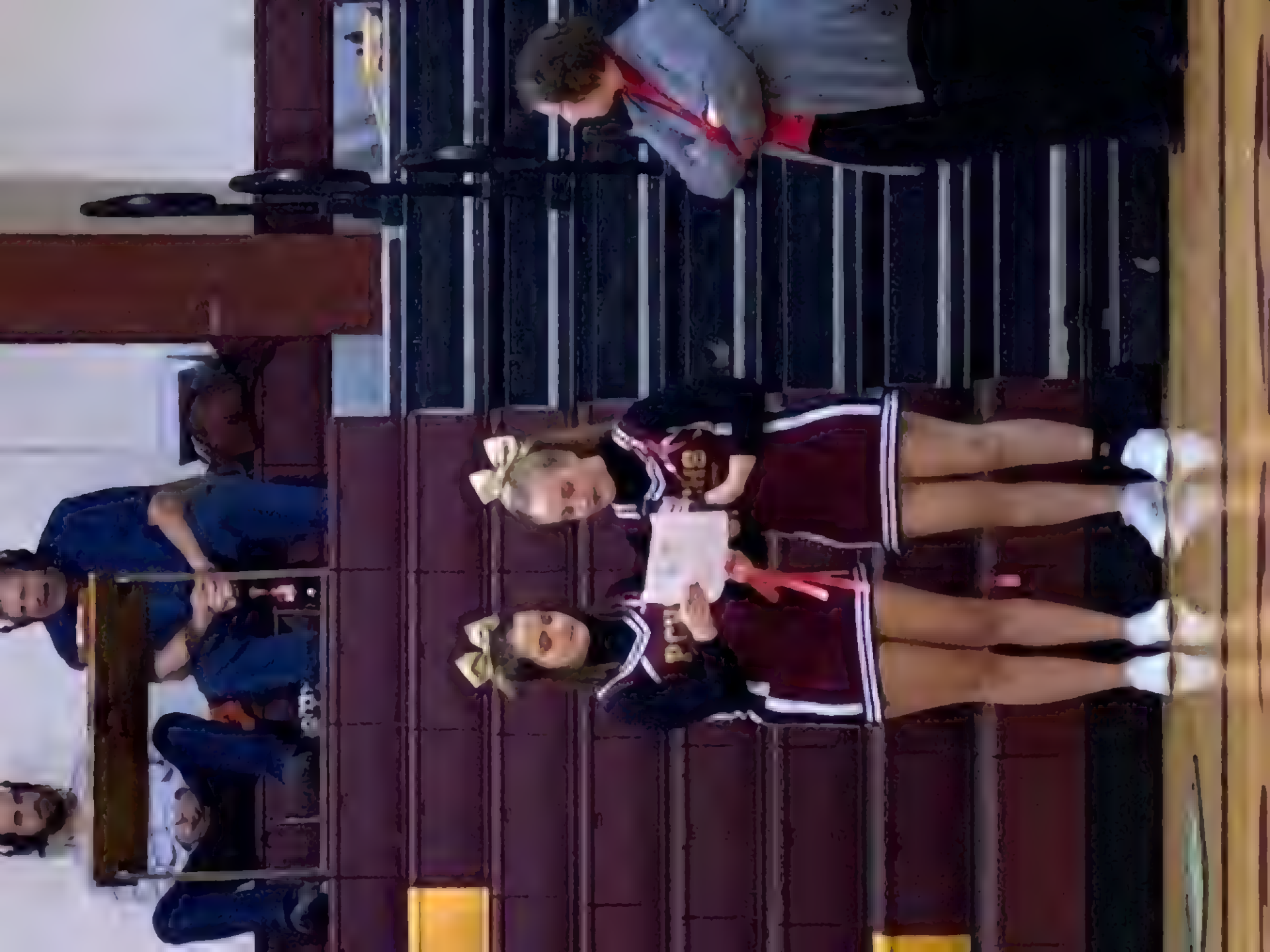
**HOME OF THE WA**

**INTERSTATE HARDWOOD**

**DONATED BY**









































































































































































































































129













































129





























































101

104

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Michael  
Slam

JUDY  
HARRIS







































































I'M THE  
World's Best  
WELDER  
ELF

WELCOME TO THE  
SCHOOL  
PRINCIPAL'S  
SANTA's  
Workshop

WELCOME TO THE  
SCHOOL  
PRINCIPAL'S  
SANTA's  
Workshop

I'M THE  
ELF  
with all the  
OPTIONS

WELCOME TO THE  
SCHOOL  
PRINCIPAL'S  
SANTA's  
Workshop

I'M THE  
NUNYA  
Business  
ELF

I'M THE  
Mr. Fix It  
CARPENTRY  
ELF

It's the  
Christmas  
CHEER  
is teaching  
SPANISH  
to everyone else

I'M THE  
BRAVE  
ELF













# P.C.H.S. Annual ELF AUCTION



IS ACTIVELY SEEKING DONATIONS  
FROM OUR COMMUNITY  
& LOCAL BUSINESSES

Ideas for Donations

Baked Goods, Gift Certificates

Home Made/Hand Made Items

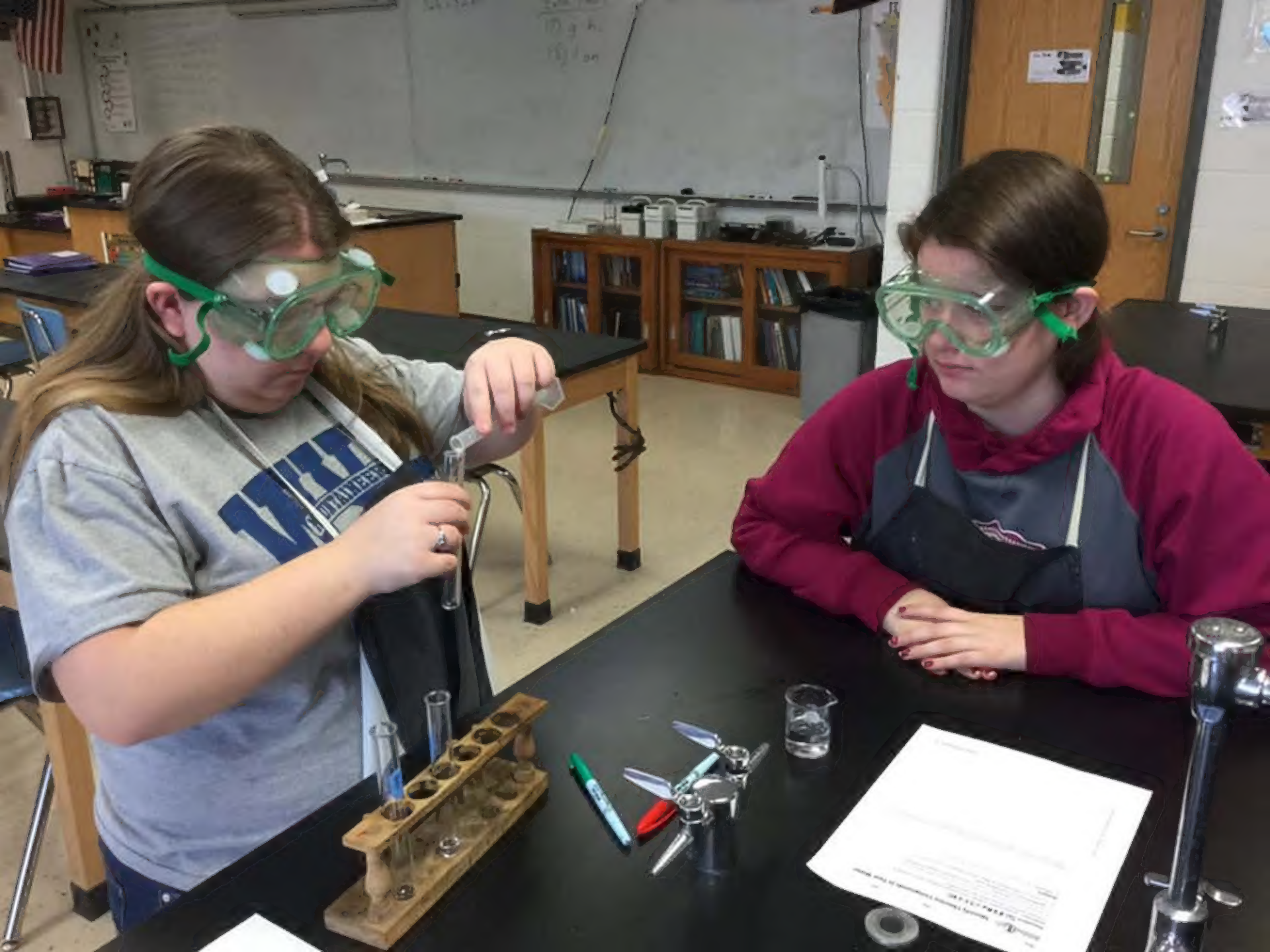
31 Bags, Scentisy, And more...

**\*\*All Proceeds benefit PCHS students in need during the Holiday Season\*\***

**Friday, December 13, 2019**

Contact Mrs. Beverage (Counselor) or Mrs. Wilfong (Librarian)  
for more information!!!







Protect  
Your Eyes

